

Arts & Wellbeing



Summer Programme

*we believe in the power of
the creative process to strengthen
the spirit*

Whilst we are staying home during the Coronavirus situation Inside Out wants more than ever to remain a community and find ways that we can still maintain a way of expressing and sharing our creativity.

Therefore, we will be running a remote programme on Mondays, Wednesday and Fridays with a weekly theme. Our artists will be providing a range of creative activities that you can do at home with instructional videos, interactive 'Zoom' sessions and ideas for activities with instructions emailed to our members.

We will also be hosting a Facebook group and will be available online for Making Your Mark, Creative Lives and Artworks members and on the end of a phone for an hour. To take part in this see details below on how to access this.

INSIDE OUT COMMUNITY ARTS & WELLBEING
UK Registered Charity No: 1136104 Supported by
Norfolk Suffolk NHS Foundation Trust, Suffolk County
Council and Suffolk Community Foundation

MAKING YOUR MARK
Monday 2:00 - 4:00 pm
on the Facebook group

For young adults aged 18 – 25.

Please visit www.insideout-mym.co.uk to join the private Facebook group to connect with other members.

CREATIVE LIVES
Wednesday 2:00 – 3:00pm
on the Facebook Group.

For people over 60 experiencing psychological challenges in later life.

Please visit www.insideout-cl.co.uk to join the private Facebook group and connect with other members.

ARTWORKS OPEN WORKSHOPS
Friday 11:00 am - 12:00 pm
on the Facebook group

Open to anyone interested

Please visit www.insideout-aw.co.uk to join the private Facebook group and connect with other members.

MUSIC PROJECT
Facebook Group

Join the private Facebook group at www.insideout-music.co.uk to keep in touch with other members of the music project

WRITE MINDS
Tuesdays 11:00 – 13:00
Online Zoom Workshops

*Creative Writing workshop hosted by our writer in residence Petra McQueen.
*Currently fully booked**

MOVING MINDS
In collaboration with Dance East
Tuesdays 10-11am

Introducing our online version of our dance and movement workshop. Weekly via Zoom and join our Moving Minds Facebook group www.insideout-mm.co.uk

PROGRAMME

April 15- 17

Creative Easter fun with Marie & Jitka

April 20- 24

Exploring Texture with Myra

April 27 - 1 May

Art from recycled materials with Allan & Maggie

May 4 - 8

Mandalas with Monika

(NB: no live Facebook hosting on 8th - Bank Holiday)

May 11 - 15

Drawing with Karen

May 18 - 22

Experimental art with ink blots with Allan

May. 25 - 29

More experimental Art with Allan & Marie*(NB: no live Facebook hosting on 25th - Bank Holiday)*

June 1 - 5

Freestyle paper cutting with Lois

June 8 - 12

Art with Kirstin

June 15 - 19

Collage with Annabel

June 22 - 26

Origami with Monika

June 29 - July 3

Music and Musical Inspiration Art in association with Music in Our Bones

July 6 - 10

Fan Making with Kate Reynolds

July 13 - 17

Drawing & Painting Films with Justine

July 20 - 24

Art with Annabel

July 27 - 31

Virtual Celebration Members Exhibition

Please ensure you are signed up to receive updates with info@insideoutcommunity.com as we will be updating members when we are safe to return to Gippeswyk Hall.

CONTACTS FOR ALL GROUPS

Telephone: 01473 563900

Instagram: www.instagram.com/insideoutsuffolk

Twitter: www.twitter.com/Insideout100

Facebook: www.facebook.com/insideoutcommunity

General: info@insideoutcommunity.com

Allan: allan@insideoutcommunity.com

Marie: marie@insideoutcommunity.com

Inside Out is open to anyone recovering from a period of emotional distress and to those who are drawn to the arts as an antidote to the sometimes overwhelming stresses of life. We believe that being part of a creative community can contribute significantly to the recovery of wellbeing and lead to a confident re-engagement in life.

The workshop programme offers you the opportunity to discover and express your natural creativity, develop your artistic talents and interests, rediscover self-belief, reconnect with others and above all have an enjoyable time.

There is good evidence that the arts can have a significant effect on emotional wellbeing and mental health. So, if the idea of getting involved in creative activity appeals then why not join us. All sessions are led by professional artists who share their skills in inspiring and sensitive ways, supported by volunteers. Further information is available at :

www.insideoutcommunity.com